

# DEMENTIA SUPPORT EQUINE PROGRAMS

## EQUINE-ASSISTED MEMORY CAFÉS

### RIDING IN THE MOMENT & RIM MOBILE



**BEAMING**  
EQUINE-ASSISTED SERVICES

## Enriching quality of life through connections with equine partners.

BEAMING's Dementia Support Equine Programs seek to reduce social isolation and encourage physical activity for those living with dementia and their caregivers.

## RIDING IN THE MOMENT PROGRAM

Developed with the University of Wisconsin-Madison, BEAMING is the **second in the nation** to offer **Riding in the Moment**, an evidence-based program that improves the quality of life for both seniors living with early- to moderate-onset dementia and their caregivers.

Participants groom, walk and can ride horses, make and feed horse treats, watch horse demonstrations and participate in mind-body emotions exercises, educational activities, and hands-on projects. Some of the most popular activities include storytelling, musical performances, dancing and arts and crafts.

This program also benefits caregivers by allowing them to spend quality time in an uplifting outdoor setting with their loved one, allowing them the opportunity to ride horses, and introducing them to a support network of other caregivers experiencing similar challenges.

This no-cost program serves clients regardless of socio-economic status, race, gender orientation, religion or ability.

We also take the horses and these activities to memory care facilities through our **RIM Mobile** program, helping residents socialize while exercising their minds and bodies. Life enrichment staff have shared with us that our RIM program is something their residents ask about and look forward to, and that the experiences help them with socializing while exercising. Many residents even share memories that rise to the surface of growing up with horses.

► **To enroll** in the Riding in the Moment program or to inquire about RIM Mobile, please call or text Katie Samuelson, Center Director, at 920-851-6160 or email [incbeaming@gmail.com](mailto:incbeaming@gmail.com). See program dates at [beaminginc.org/events-2](http://beaminginc.org/events-2) or by scanning the QR code to the right.



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[incbeaming@gmail.com](mailto:incbeaming@gmail.com) / [beaminginc.org](http://beaminginc.org)

\*Visits by appt only please



CHANGING LIVES,  
ONE RIDE AT A TIME.



## EQUINE-ASSISTED MEMORY CAFÉS

A horse experience for seniors with dementia & their caregivers

### 2023 DATES

All Cafés are held  
on Mondays from  
10am-11:30am



**JANUARY 9**  
**FEBRUARY 13**  
**MARCH 13**  
**APRIL 10**  
**MAY 8**  
**JUNE 12**  
**JULY 10**  
**AUGUST 14**  
**SEPTEMBER 11**  
**OCTOBER 9**  
**NOVEMBER 13**  
**DECEMBER 11**

▶ To register, please  
RSVP to 920-851-6160  
or [incbeaming@gmail.com](mailto:incbeaming@gmail.com)

### *You're invited...*

We welcome community members with early- to moderate-stage dementia and their caregivers to enjoy horse experiences and other interactive activities at the BEAMING Barn every month at our no-cost Equine-Assisted Memory Cafés.

Participants can enjoy grooming, walking and riding horses; riding our Equicizer horse simulator; making and feeding horse treats; short educational presentations; live music; dancing; watercolor painting; arts and crafts activities; planting flowers; a scavenger hunt; "show and tell" sharing of memories; our Sensory Walking Path, socializing with snacks; listening to and identifying birds and butterflies in our gardens; and other outdoor and barn activities. All activities take place with BEAMING staff and volunteers to encourage participation and maintain safety.

Equine-assisted Memory Cafés are a wonderful way for participants and their families to engage in a social gathering and meet others for camaraderie and support.



**HELD RAIN OR SHINE AT THE BEAMING BARN**

2692 County Road GG, NEENAH or via Zoom at [bit.ly/3WMGvvd](https://bit.ly/3WMGvvd)